

BORONNDARA

Bicycle Users Group

Rides Supplement February 2011

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential at the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: info@surreyhillsnc.org.au ; www.surreyhillsnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: *Café Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group

Seniors Bike rides in 2011

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us and the route is sometimes chosen on the day. The 2nd and 4th Wednesday rides are more challenging, (50-60km).
- We generally meet at **10am** at the 'Place to meet' (see below) or catch the train closest to this if time is not specified. A coffee stop is found midmorning! We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.
- If the temperature is 30°C or above on the day, the long rides will be cut short.

Please contact **Janet Bennett** by e-mail jfbpgb@bigpond.com or on **9853 9808** to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
Feb 2 nd	Footbridge in Southbank,	<i>Short ride</i> – Bay trail to Hampton and return by train or ride	Easy

	MEL 2F F7	back to city. One way is ~ 20km.	
Feb 9 th	Flinders St. station Werribee line ~9.20am to arrive at Aircraft at 9.51am.	<i>Full Bay trail Point Cook to Carrum</i> – Point Cook rd to Skeleton Creek, then the Bay West trail to Southbank. Bay trail to Mentone (63km) or Carrum (75km). Return by train to city.	Easy
Feb 16 th	Footbridge in Southbank, MEL 2F F7	<i>Short ride</i> – Bay trail to Elwood and return via Albert Park lake ~ 15km.	Easy
Feb 23 rd	Flinders St. station Hurstbridge line ~ 9.08am arrive 9.58am	<i>From Eltham Station to the city</i> – via the Aqueduct, Diamond Valley Trail, Main Yarra Trail, Ruffey Lake Park and Koonung creek trail.~ 65km.	Hard
March 2 nd	Footbridge in Southbank, MEL 2F F7	<i>Short ride</i> – Southbank to Williamstown and return by train ~ 15km	Easy
March 9 th	Car to Lara. Meet in station carpark.	<i>Geelong circuit</i> Ride from Lara along coastal trail, inland railtrail, Barwon R. trail, Eastern Beach, coastal trail and retrace first part to finish back at Lara ~55km	Easy
March 16 th	Flinders St. station Hurstbridge line	Short ride – Heidelberg station to Heide to explore and then return via Main Yarra trail to city ~ 15km.	Med
March 23 rd	Footbridge in Southbank, MEL 2F F7	<i>Werribee Historic Homestead</i> –Southbank to Sanctuary lakes via Bay West trail then Point Cook rd and other roads to Werribee Homestead. Tour the area at leisure and return by train ~ 55km	Easy
March 30 th		No ride	
April 6 th	Footbridge in Southbank, MEL 2F F7	<i>Short ride</i> – to be chosen on day. Country ride will be a Myrtleford base camp from 4 th to the 7 th of April. Contact Janet for details.	Easy
April 13 th	Flinders St station Lilydale line - 9.07am, arrive 10.03	<i>Lilydale to Fairfield+</i> . Mainly streets route past Lilydale Lake, Mooroolbark, Croydon, East Ringwood stations, then to Ringwood Lake and Mullum-Mullum, Eastlink, Koonung, Yarra Trails to Fairfield (~40 km) or on to city.	Med-some hills
April 20 th	Flinders St. station Glen Waverley line	<i>Short ride</i> – return to the city via the Waverley rail trail and Gardiners creek trail ~ 20km.	Easy
April 27 th	Flinders St. station Glen Waverley line ~ 9.28 arriving 10.04am	Lyn's Knox and Maroondah circuit along the Eastlink, Dandenong creek, Mullum Mullum trails and return via Stud rd and Shepherds rd. to Glen Waverley station ~ 40km (to city ~ 60km).	Med
May 4 th	Footbridge in Southbank, MEL 2F F7	Short ride – A Capital City trail circuit with a coffee stop at the Abbotsford Convent ~ 20km.	Easy
May 11 th	V-line train to Bendigo arrive ~10am or drive to Gisborne station which is in South Gisborne.	<i>Gisborne to Woodend</i> via Riddell's Creek, Romsey and Lancefield. Highlights of the ride are the green scenery and the view of Hanging Rock on the return route. Distance – 57 km. or return to Gisborne station –75km.	Hard
May 18 th	Footbridge in Southbank, MEL 2F F7	<i>Short ride</i> – Capital city trail and St. Georges rd. to Human Powered café in High st. Thornbury ~ 10km	Easy
May 25 th	Footbridge in Southbank, MEL 2F F7	<i>To Craigeburn and return</i> – Merri creek and Hume trails out and Broadmeadows Valley, Greenvale Park and	Med

		Moonee Ponds creek trails on the return ~ 70km.	
June 1 st	Footbridge in Southbank, MEL 2F F7	<i>Short ride</i> – Merri creek and Upfield rail trails circuit ~ 20km	Easy
June 8 th	Footbridge in Southbank, MEL 2F F7	<i>A northern circuit via trails and ring road path</i> – Out the Merri creek trail to the Western Ring rd trail, maybe explore Darebin creek upper and return to Ring rd trail and return via the Plenty River and Main Yarra trails ~ 60km.	Med
June 15 th	Footbridge in Southbank, MEL 2F F7	<i>Short ride</i> – to the Spare Chair café in Kew for coffee and the best cake in Melbourne ~ 15km	Easy
June 22 nd	Footbridge in Southbank, MEL 2F F7	<i>Alison's around Melbourne circuit</i> – the Capital City trail to Kensington for coffee then continue across to the Maribyrnong river trail and the Bay West trail to Altona and return via Footscray rd. ~ 50km.	Med
June 29 th		No ride	

Whitehorse Cyclists Inc

Last updated 12 January 2011

WCI TYPICAL RIDE PROFILES EASY TUESDAYS: Introductory level social ride. Weekly. 30-35km, few or gentle hills. 9.30am - 1pm.

MEDIUM TUESDAYS: Medium ride, ie slightly faster, harder and further than easy rides. Still a social ride. Requires more endurance and ability than easy rides. 40-50km, some hills. 9.00am start for a 1.00pm finish.

HARD TUESDAYS: Harder (ie flat out) and further than medium rides. Hardest rides in WCI. 60-100km rides, hills no limit. 9.30am start, finish later in afternoon.

EASY THURSDAYS: Similar to Easy Tuesday rides. 30-35km Fortnightly.

MEDIUM THURSDAYS: Faster and longer ride than the Easy Thursday rides. 50-60+km. Some hills, medium to medium/hard level ability. 9.30am start, finishing 2-3pm. Includes time for lunch. EASY

SUNDAYS: Weekend introductory level social ride. 30km. 9.30am to 1pm. Fortnightly MEDIUM SUNDAYS: Medium level ability, faster, some hills. Weekly. 40-45km. 9.30am to 1pm. Phone the named contact to confirm details of the rides as plans can change, particularly if forecast temperatures for the day are over 30 degrees. Rides return to the start point unless shown otherwise. Riders carry their own risk in any activity connected with the club. Whitehorse Cyclists Inc. disclaims liability for loss or injury to riders participating in advertised activities.

Date	Destination	Description	Distance and grade	Leader Contact
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[See us in the local news](#)

Did you know we have won Whitehorse Sports Club of the Year Award again this year: 2009 and 2010!

Download the calendar for [Jan-Feb-Mar 2011](#) rides.(pdf file: 100kb 4 pages) You will need to contact the nominated leader to get the meeting point.

Sun 16/01 9.00am	Easy Sunday Brighton Bound	Burnley Station (good parking), City, Elwood Canal, (MB)Gardenvale, (B)Brighton, Albert Park, Burnley (Note: early start. Shorter option if 30°)	40 E	Keith M 9857 5805
Sun 16/01 8.30am	Sunday Dandenong & Back	Eastlink, Dandenong Cr Tr, (M)Dandenong. (Note: Early start time)	40 E/M	Helga 8822 2115
Tue 18/01 9.30am	Easy Tuesday	Alexandra Ave, St Kilda Rd path, Albert Park Lk, (M)St Kilda. Return Bayside bike path, Port Melbourne, Light Rail trail.	25+ E	Gill B 9725 5310
Tue 18/01 9.00am	Medium Tuesday Creek, River &	Anniversary Cr Tr, Gardiners Ck Tr, Yarra Tr, Port Melbourne, Light Rail Tr,	50 E/M	Bruce E 9848 4804 0409 790 926

	Sea ride	Bayside bike path, (M)St Kilda.		
Tue 18/01 9.00am	Hard Tuesday Healesville	Yarra Glen, Steeles Ck, Toolangi, Hurstville, Rochford winery, Gruerre, Lilydale.	100 H	Bob H 0423 746 668
Thur 20/01 9.30am	Easy Thursday Coffee in Errol St	Yarra Tr, Fairfield, Westgarth St, Capital City Tr, Park St, Boundary Rd, (M)Errol St Nth Melbourne, Carlton, Capital City Tr, Boulevard.	35 E	Mike McK 9816 3386
Download the calendar for Jan-Feb-Mar 2011 rides.(pdf file: 100kb 4 pages) You will need to contact the nominated leader to get the meeting point.				
Thur 20/01 9.30am	Medium Thursday Ashburton	Main Yarra Tr, (M)Bridge Rd Richmond, MCG, Southbank, Main Yarra Tr, Gardiners Cr Tr, (L)Ashburton, Box Hill.	55 M	John C 0438 566 977
Sun 23/01 8.30am	Sunday Williamstown Wonder	(M)Williamstown, returning via the punt, (B)Richmond.	60 M	Ursula C 9803 6097 0411 106 664
Tue 25/01 9.30am	Easy Tuesday	Dandenong Cr Tr, Wantirna Sth, Eastlink path, Wheelers Hill, Wellington Rd, (M)Wellington Village SC. Rowville, Scoresby, Stud Rd, Dandeng Cr Tr.	32 E	David Y 9884 8037 0401 013395
Tue 25/01 9.00am	Medium Tuesday Bundoora Bash	Koonung Cr Tr, Main Yarra Tr, Darebin Cr Tr, (M)Bundoora, Greensborough Tr, Banyule Tr.	45 M	Geoff D 9836 1414 0428 361 236
Tue 25/01 8.30am	Hard Tuesday Essendon Airport	Surrey Hills, Bob's Railway Route to City, Docklands, Mt Alexander Pd, Keilor Rd, Matthews Ave, Mascoma St, Gaffney St, Murray Rd, Newlands Rd, Edwardes St, Broadway, Dunne St, Kingsbury Dv, Wiora Rd, Burgundy St, Manningham Rd.	75 M	John C 0438 566 977
Thur 27/01 9.30am	Medium Thursday Bundoora	Koonung Tr, Main Yarra Tr, (M)Fairfield, (L)Bundoora.	52 M	Bruce D 9852 1921
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Sun 30/01 9.00am	Easy Sunday Shady Creeks	St Georges Rd, Merri Ck, Edwards Lake, (B)Regent, (M)Preston, Darebin Park. (Note: early start. Shorter option if 30°)	34 E	Keith M 9857 5805
Sun 30/01 9.00am	Sunday Ricketts Point	(9.30am, East Malvern RS bridge), Anniversary Tr, East Malvern RS, Murrembeena Rd, East Boundary Rd, (M) Ricketts Point.	55 E/M	Bruce D 9852 1921
Tue 01/02 9.30am	Easy Tuesday February Yarra Cool	Bushy Cr Tr, Koonung Cr Tr, Wilson Res, The Boulevard, (M)Station St Fairfield. Main Yarra Tr to Burnley RS. Train return to Laburnum, ride back to Springfield Park. (Note: need train ticket)	35 E/M	Vern O'G 9876 1312
Tue 01/02 9.00am	Medium Tuesday Around Latrobe Uni	Main Yarra Tr, River Gum walk, Rosanna, (M)Bundoora Park, Darebin Ck Tr, Merri Ck Tr, Main Yarra Tr.	45+ M	Neil M 9497 2685 0419 514630
Tue 01/02 9.00am	Hard Tuesday 4 Creeks	Moonee Ponds Ck Tr, Ring Road Tr, Merri Ck Tr, Westgarth St, Darebin Ck GTr, Ring Rd Tr, Plenty River Tr.	100 H	Charles L 0431 592 874
Thur 03/02 9.30am	Easy Thursday Collingwood Children's Farm	Koonung Tr, Main Yarra Tr, Merri Ck Tr, (M)Children's Farm and return via Gawler Chain.	35 E	Loreto B 9808 1960 0412 289 236
Thur 03/02 9.30am	Medium Thursday Sandringham	Main Yarra Tr, (M)Port Melbourne, Beaconsfield Pde, Beach Rd, (L)Sandringham, Elwood, Rosstown Tr.	58 M	Peter C 9859 4153

Sun 06/02 9.00am	Easy Sunday Shady Creeks Two	Bayswater, (B)Boronia, Blind Creek, (M)Stud Road, Dandenong Ck. (Note: early start. Shorter option if 30°)	32 E	Keith M 9857 5805
Sun 06/02 8.30am	Sunday Richmond's Riches	Anniversary Tr, Gardiners Tr, Yarra Tr, City Tr. Guided by member of Richmond & Burnley Historical Society. Visiting landmarks. (M)Richmond. (Note: early start.)	40/45 E	Mike Mc 9830 4195 0407 509048
Tue 08/02 9.30am	Easy Tuesday ScotchGard	Gardiners and Scotchmans Cr Trails. (M)Oakleigh Mall. Back along Gardiners Cr and Anniversary Trails, Mont Albert.	30 E	Loreto B 9808 1960 0412 289236
Tue 08/02 9.00am	Medium Tuesday Glenhuntly South	Southbank, Elwood, Elsternwick, Ormond, Glenhuntly, (M)Caulfield, Malvern Gardiners Ck Tr.	40 M	Geoff H 9509 5156
Tue 08/02 8.30am	Hard Tuesday Gardiners Ck	Yarra Tr, Gardiners Ck tr, Scotchmans Ck tr, Glen Waverley, Jells Pk, Ferntree Gully Tr, Upper Ferntree Gully, Ringwood, Koonung Tr.	90 M/H	Charlie S 98943244
Tue 08/02 7:45 pm	<i>Club Night</i>	<i>Box Hill Arts Centre Corner Station & Combarton Sts Monthly Meeting</i>		<i>Mike W 9509 1290</i>
Thur 10/02 9.00am	Easy Thursday Scotchgard Ride	Wurundjeri Walk, Gardiners Cr Tr, Railway Pde, (M)Mount Waverley, Valley Reserve, Scotchmans Ck Tr, Gardiners Cr Tr. (Note: Early start)	35 E	Wendy T 9808 8303
Thur 10/02 9.30am	Medium Thursday St Kilda Sojourn	(M)Oakleigh, Rosstown Tr, (L)Catani Gardens, Camberwell.	50 M	Bruce E 9848 4804
Sun 13/02 9.00am	Sunday The Lake District	Quiet streets, Tally Ho Business Park, Dandenong Cr Tr, Katoomba Lake, Dandenong Cr Tr, HE Parker Reserve, Ringwood Lake, Blackburn Lake. (Note : Early start)	35 C	John B 9878 4179
Tue 15/02 9.30am	Easy Tuesday Jamie's Jaunt	Gardiners Creek Trail, Oakleigh, Rosstown Trail, Elwood, Bayside path, South and East Boundary Roads	30 E	Jamie McL 9822 2724 0417 037 855
Tue 15/02 9.00am	Medium Tuesday Blackburn to Brunswick	Koonung Ck Tr, Merri Ck Tr, (M)Sydney Rd, Capital City Tr, Gardiners Ck Tr.	50K E/M	Gay C 9833 3702 0416 124377
Tue 15/02 9.00am	Hard Tuesday Pakenham to Valda Ave Box Hill	Pakenham, Army, Huxtable, Matters, Paternoster Rds, Emerald/Monbulk Rd, Emerald/Kalista Rd, Sherbrooke Rd, Sassafras, The Basin, Dandenong Ck, Koonung Tr.	75 H	John C 0438 566977
Thur 17/02 9.30am	Easy Thursday Beaches	Port Melbourne, Bay Tr, St Kilda (M)Elwood, Albert Park, Domain Rd, Anderson St, Richmond RS	32 E	Allan M 9898 0415
Thur 17/02 9.30am	Medium Thursday Pt Cook Homestead	Kensington (M)Yarraville, Altona, (L)Point Cook Homestead, Laverton, Brooklyn, Footscray.	85 M/H	Jacques F 9497 2306 0421 732274
Sun 20/02 9.00am	Sunday The Great Ride	Freeway Tr, Dandenong Cr Tr, Bayswater, Boronia, (M)Ferntree Gully, Knox, Jells Park, Shepherd's Bush, Koomba Park.	40 M	George C 9878 0293
Tue 22/02 9.30am	Easy Tuesday	Boronia, Ferntree Gully, Ferny Cr Tr, (M)Scoresby SC. Return via Stud Rd, Dandenong Cr Tr.	32 E	David Y 9884 8037 0401 013395
Download the calendar for Jan-Feb-Mar 2011 rides.(pdf file: 100kb 4 pages) You will need to contact the nominated leader to get the meeting point.				
Tue 22/02	Medium Tuesday	No Ride planned, suggest you join the		

		Easy Tuesday ride.		
Tue 22/02 8.30am	Hard Tuesday Mary-Merri w Kerry	(M)Kensington, Marybynong Tr, Brimbank Pk, Ring Rd, (L)Merri Ck Tr, Capital City Tr, Yarra Tr, Koonung Tr.	100 M/H	Kerry McN 0419 769420
Thur 24/02 9.30am	Easy Thursday	Meet at Valda Ave. Pick a ride leader on the day. Take ride sheets to complete.		
Thur 24/02 9.30am	Medium Thursday Northern Cruise	Heidelberg, (M)Northland, Reservoir, (L)Greensborough, Watsonia	55 M	Russell H 9841 7141 0400 178194
Sun 27/02 8.30am	Sunday Breakfast Ride	Anniversary Tr, Gardiners Ck Tr, Koonung Cr Tr, Hays Paddock, Breakfast with Max, Anniversary Tr.	35 E/M	David M 9885 7673
Tue 01/03 10.00am	Easy Tuesday Pam's Adventure	Do the Super Tuesday BV bike count, then meet up with the Medium Tuesday riders at (M)Southbank. Southbank, Port Melbourne, Bayside Tr, St Kilda, Alvert Park, Botanical Gardens to Richmond RS.	25 E	Pam F 9725 4148 0409 188644
Tue 01/03 10.00am	Medium Tuesday Super Tuesday	Bike count then meet (M)Southbank, then Main Yarra Tr, Gardiners Ck, Anniversary/Outer Circle Trs to Valda Ave.	25-30 E	Russell H 9841 7141 0400 178194
Tue 01/03 10am	Hard Tuesday Cragieburn	Bike Count, then Moonee Ponds Ck Tr, Cragieburn, Hume Fwy path, Ring Rd path, St Georges Rd path, Koonung Tr.	70 E/M	Barry McC 9848 1154
Thur 03/03 9.30am	Easy Thursday Darebin Cr, Macleod	Yarra Tr, Darebin Ck Tr, Reservoir, Latrobe Uni, (M)Macleod, Banyule Ck Tr, River Gum Wk, Banksia St Br, Yarraleen Res, Koonung Tr.	34 E	Joyce H 9877 3216 0419 102268
Thur 03/03 9.30am	Medium Thursday Ferntree Gully	Koonung Tr to Ringwood, Mullum Tr to Croydon, Ck Tr, Rail Tr to Ferntree Gully, Scoresby, Jells Pk, Dandenong Ck Tr.	60 M	John C 0438 566977
Download the calendar for Jan-Feb-Mar 2011 rides.(pdf file: 100kb 4 pages) You will need to contact the nominated leader to get the meeting point.				
Sun 06/03 9.00am	Sunday	TBA		
Tue 08/03 9.30am	Easy Tuesday	TBA		
Tue 08/03	Medium Tuesday	TBA		
Tue 08/03 9.30am	Hard Tuesday Frankston- Sorrento	Frankston, Sorrento and return.	90 M/H	Mike H 0407 094929
Tue 08/03 <i>7:45 pm</i>	<i>Club Night</i>	<i>Box Hill Arts Centre Corner Station & Combarton Sts Monthly Meeting</i>		<i>Mike W 9509 1290</i>

Banyule Bicycle User Group—Rides Program

Rides start from Warringal Park (Melway ref 32 B4) unless otherwise indicated. **Visitors are welcome to just turn up. Flexible ride options will be available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687 or Les B. 9435 0615.**

Note: rides may be varied to suit conditions, eg. if the temperature is forecast to exceed 35°C.

EasyRide: with the “Latte” Group every Tuesday and Friday 9:30am (10:00am in winter) – relaxed pace with break for coffee/snack/chat. See program and details at <http://www.vicnet.net.au/~banylbug>.

HarderRide: every Tuesday and Sunday **9.00am**. BYO morning tea. Check program below.

Feb 11	Ride/Event	Description	Leader
Tue 1	<i>Yarra Bend</i> 35 – 40 km MAP	Streets west to Merri Ck (1 x H2). Down the Trail to break at Studley Park. Return by Boulevard (some H1) and Yarra Trail.	Robert R/ 9439 1078
Sun 6	<i>Carrum–Dandenong</i> (~6 hours)	Meet Heidelberg station, 8:41am train to city. Then 2nd train to Sandringham. Ride to Carrum for break (20 km). Ride to Dandenong (15 km). Train to Hughesdale. Ride Anniversary Trail home (20 km)	Graeme V/ 9435 968
Tue 8	<i>Lilydale</i> ~50 km	Anniver’y Trail to Canterbury station. Train to Lilydale. Mainly streets route past Lillydale Lake, Mooroolbark, Croydon, East Ringwood stations, then to Ringwood Lake and Mullum-Mullum, Eastlink and Koonung Trails home.	Les D/ 9459 270
Wed 9	General Meeting – Watsonia Library – 8:00pm		
Sun 13	<i>Edwardes Lake</i> 37 km MAP	Out by Darebin Creek Trail and Reservoir Streets. Return by Ring Road, Greensborough and Plenty River Trail (a few H1).	John G/ 9439 388
Tue 15	<i>Quarry Hills Park</i> 50 km MAP	River Gum trail to Watsonia and Mill Park. H2-3 into Park & some walking possible. Return through South Morang but avoiding Plenty Rd.	Alan P/ 9435 942
Sun 20	<i>Seven Trails</i> 68 km MAP	Yarra, Anniversary, Gardiners Creek, Scotchmans Creek, streets (short H2, long H1), Dandenong Ck. Break Jells Park. Join Eastlink (some H3), and Koonung home.	Lou B/ 9459 688
Tue 22	<i>Koonung-Mullum Circuit</i> 35 km	Up Koonung Trail, across to Mullum-Mullum (moderately long H1) with break at June’s Billabong.	Maurie A/ 0409 106
Sun 27	<i>Westmeadows</i> ~65 km	Capital City and Moonee Ponds Creek Trails. Break at park in Westmeadows. Return via Ring Road.	Allen P/ 9457 169

March 2011

Tue 1	<i>St Kilda Beach</i> 50 km MAP	Out through Port Melbourne. Return through Albert Park. * 9:45am delayed start for Super Tuesday counting *	John G/ 9439 388
Sun 6	<i>Yarran Dheran</i> 42 km MAP	Koonung Trail to end (some H1 and H2) and short streets extension to reserve for break & return.	Richard B/ 9459 864
Tue 8	<i>Craigieburn. Via Roxburgh Park estates.</i> 76 km	Out by West Heidelberg, Reservoir streets to Western Ring Rd, Moonee Ponds Creek trails. Bike path through Roxburgh Park Estate to Craigieburn (rest) Home Hume Hwy By Pass track to Western Ring Rd trail and home.	Maurie A/ 0409 106
Wed 9	Combined Dinner – Moon & Spoon Restaurant 106 Mountain View Rd (cnr Sherbourne Rd) Briar Hill 6:00pm		
Sun 13	<i>Hawkstowe Park</i> 50 km MAP	River Gum trail to Watsonia (H1), Ring Rd, Upper Darebin Ck.Trail, Mill Park Lakes. Return Plenty Rd path, Ring Rd, Plenty River Trail.	Robert R/ 9439 1078
Tue 15	<i>Ceres</i> 40 km MAP	To Fairfield by Yarra Trail, then Merri Creek Trail to Ceres for break. Continue on Merri Creek Trail to Broadhurst Av exit and Reservoir streets to Darebin Trail	Allen P/ 9457 169
Sun 20	<i>Ruffey Lake</i> 35 km MAP	Out via Finn’s Res. Return by Green Gully Trail, Westerfolds Park. Short H2 on return.	Richard B/ 9459 864
Tue 22	<i>Outer Circle Rail History</i> 25 km or 55 km	Groups depart usual times and combine to meet on Anniversary Trail at Lady Brassey’s Drive at 10:15am. Discovery tour of historic railway sites. Choice of Mailing spot for lunch or Gardiner’s Creek to Burnley and MYT home.	Alan & A/ 9435 942
Sun 27	<i>Diamond Creek</i> 40 km MAP	Out and back by Diamond Valley Trail to Diamond Creek for break.	Graeme V/ 9435 968
Tue 29	<i>Greenvale Reservoir</i> 75 km MAP	Ring Road, Moonee Ponds Ck Trail, Broadmeadows Valley Trail, Yuroke Ck Trail to break at the reservoir. Somerton Rd to Mickleham Rd, left at Barrymore Rd and Attwood Ck Trail then pipe track to Erinbank Cres and home by route out.	Alan P/ 9435 942

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Darebin BUG

Darebin Bug Social Rides - Tuesdays and Thursdays

9:30 a.m. corner plant and union street, northcote. 40 -60 km rides mainly on bike paths and quiet streets for experienced cyclists. Bring lunch, snacks and water. Contact Norm on 9484 4767 to confirm start time and location (usually departs from Jika Jika). <http://www.darebinbug.org.au/rides.html>

Darebin Bug Port Melbourne Ride - Saturdays

9.30am Meet at Jika Jika Neighbourhood House, cnr Plant & Union Sts, Northcote. Slow ride suitable for beginners. <http://www.darebinbug.org.au/rides.html>

The Crosskeys Crusiers - Strathmore - Friday rides

The Crosskeys Crusiers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

Melbourne Bicycle Touring Club

Ride and Club Night Programme

February			
Thu 03 Feb	Seasons of the Murray River by bike		Tim
Fri 04 Feb	Social Night - Beautiful Balinese Warung Agus 305 Victoria St, West Melbourne	Deeeeeeeeeeeeeeeeeee eeeeeeelicious!	Claire
Sun 06 Feb	Frankston for pancakes	45km or 90km Easy or Medium	Peter B
Thu 10 Feb	Ride the Divide – DVD of epic cycle tours		Fiona S
Sat 12 Feb	Bunuerong Coast Century Train based	160km	Peter S
Sun 13 Feb	Red Hill Brewery ride	50km Easy-Medium	Glenn
Thu 17 Feb	Alan Walker in Broken Hill		Matthew
W/E Fri 18-Sun 20 Feb	Magical Moonlight Tour in the Strathbogie Ranges	tbc	Claire
Sat 19 Feb	Fairfield to Jells Park Farmers Market	85km Med-Hard	Joe
Sun 20 Feb	Fido to Heide and return Yarra trail from Fairfield Station to	20-30km Easy	Max

	Heide Park and Art Gallery (Bulleen)		
Thu 24 Feb	Club auction		Fiona S
W/E 26-27 Feb	Mansfield weekend; Car based - explore the new rail trail & other delights	100+km Medium	Liz
Sun 27 Feb	Sandringham to Herring Island Bayside views, then lunch on the Yarra. Optional visit to Herring Island Arts Festival by punt	30km Easy	John Hughes
March			
Thu 03 Mar	Beer tasting		Claire
Sat 05 Mar	Fed Square to Mordialloc Evening ride for dinner	60km Medium	Judy
Sun 06 Mar	Belgrave - Piggery Hill Circuit Quite a hilly ride entirely on sealed roads. A stop at Genies Cafe in Kallista for an excellent hot chocolate.	160?km Med-Hard	Gael R
Wed 09 Mar	Club Lunch at Ponyfish Island In the middle of the pedestrian bridge between Elizabeth St and South Bank. Water views.	From 12.30	Norm
Thu 10 Mar	Bogong High Plains Trip (tbc)		John Ha (tbc)
W/E 12-14 Mar	Great Southern Rail Trail	160km Medium	Peter S
Sat 12 Mar	Heritage ride through the swamps of Melbourne	35km Easy	John Ha
Thu 17 Mar	Trip Planning and Spoke Notes deadline!		John Hu
W/E 19-20 Mar	Melville Caves bush camping	140km Medium	Glenn
Sat 19 Mar	Darebin to Warrandyte and return Visit Mia Mia aboriginal art gallery and Beasley's Nursery. Almost all bike path, very leafy.	50/59km Med	Rae
Sun20 Mar	Crib Point to Frankston road ride	60km Medium	Judy
Sun 20 Mar	Retro ride to Williamstown	50km Easy	Joe

Thu 24 Mar	Social night - Kirsty		Kirsty
Sat 26 Mar	Fairfield loop to Park Orchards	70km Medium	Peter B
Thu 31 Mar	Errinundra New Year (Week-long) Tour		Glenn and fellow-travellers
April			
Thu 07 Apr	MAD Ride Volunteer briefing		Graeme
Sat 09 Apr	MAD Ride preparation		Liz, MAD team, volunteers
Sun 10 Apr	MAD Ride	various	Liz, MAD team, volunteers
Easter W/E 22-25 Apr	Grampians camping tour	tbc	Ed

For information on the above rides, please contact the Touring Secretary, John Hughes 0402 463 655 , or at rides@mbtc.org.au.

About the Ride Gradings Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required.

Hard: Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

The Melbourne Bicycle Touring Club meets most Thursday evenings at Trades Hall, 54 Victoria St (corner Lygon St), Carlton South at 8.00 pm (the meeting room is open from 7.30 pm onwards). If you are making a special trip to the meeting, please confirm with the meeting organiser that the advertised entertainment is proceeding, as plans are often subject to change. Details of rides and activities are confirmed at the meetings prior to the event. If you intend to participate, you should either attend the meeting or contact the Ride Leader yourself. On rides that are **SUBSIDISED**, a substantial discount on VLine fares is given to financial members who pay by two Thursdays prior to the ride. To join the Melbourne Bicycle Club, email the Membership Secretary at payments@mbtc.org.au or write to them at PO Box 277, Carlton South 3053

YHA Cycling

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

Web site: <http://www.yhacycling.org.au/rides.htm>

R = Road Bike / H = Hybrid / M = Mountain Bike / Soc = Social
 E = Easy / M = Medium / H = Hard / Soc = Social

Date	Ride Description	Bike Type	Distance (Kms)	Grade	Ride Leader	Booking Req'd	Ride Leader Contact
JAN 2011							
Sun 1	Ballarat to Melbourne	Any	80	H	John & Paul	Y	Johnrichardson67@hotmail.com
Sun 9	Rooftop Cinema	Social	*	*	Jason	Y	Foojas48@hotmail.com
Sat 15	Fairfield Station to Volumes in Eltham	Any			Susan M		Matzsu.1@gmail.com 0401 617 906 or 9442 2831
Sun 23	YHA Golf Day Par 3 Course - Kew	Social	*	*	Jason	Y	Foojas48@hotmail.com
Sat 29							
Sun 30	Grantville – Poowong Rd	R	80	M	Simon		simongwoodford@yahoo.com.au 041241575
FEB 2011							
Sat 5	Bass Coast Ride	A	50	E/M	Ann B & Susan Q	Y	goblues@netlink.com.au 0417553517
Sun 13	Hepburn Springs to Clunes Day Ride	R	100	M	Simon		simongwoodford@yahoo.com.au 041241575
Thu 18	Audax Night Ride: Albert Park to Portsea & Back	*	*	*	*	*	Audax Australia Cycling Club
Sat 19	Daylesford Ride				Nick		nick@spraynozzle.com.au 0417 506493
Sun 20							
Sat 26 & Sun 27	High Country, Quick Arse Weekend Ride				Lloyd	Y	mapman@bigpond.net 0419 006010
MAR 2011							
Sat 12	Opshop Ride				Susan M		Matzsu.1@gmail.com

	: Sydney Road						0401 617 906 or 9442 2831
Sun 13	Moriac to Lorne Day Ride	R	120	H	Simon	Y	simongwoodford@yahoo.com.au 041241575
Sat 19 & Sun 20	Blood under the Southern Cross Weekend				Jason	Y	Foojas48@hotmail.com
APR 2011							
Sat 2 & Sun 3	Forrest Ride			E/M/H	Susan	Y	goblues@netlink.com.au 0417553517